

# The Arbors at Oak Park

## Events/ Activities

# SEPTEMBER 2017

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health and Nutrition Calcium -11am – 12pm Healthy Cooking Demo- Spinach-strawberry salad 12pm – 1pm	2
3	4 Closed For Labor Day	5 Walking Club 9am-10am Gentle Stretching 10am-11am Arts & Crafts 11am -1pm	6	7 Walking Club 9am – 10am Service Coordination 10am – 11am Arts & Crafts 11am -12pm Bingo 12pm – 1pm	8 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Hydration 11am – 12pm Healthy Cooking Demo-Corn and black bean salad 12pm – 1pm	9
10	11 Gentle Stretching 9am – 10am Men's Social 10am-11am (Dominoes Challenge) Service Coordination 11am – 12pm Pictionary 12pm – 1pm	12 Walking Club 9am-10am Service Coordination 10am – 11am Arts & Crafts 11am-12pm Grocery Giveaway 12pm-1pm Signup Monday In Life Matters Office.	13	14 Service Coordination 9am – 10am Walking Club 10am – 11am Arts & Crafts 11am – 12pm Bingo 12pm – 1pm	15 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – Diabetes 11am – 12pm Healthy Cooking Demo –Veggie tortilla roll-ups 12pm – 1pm	16
17	18 Gentle Stretching 9am – 10am Men's Social 10am-11am (This day in History) Family Feud 11am-12pm Service Coordination 12pm – 1pm	19 Walking Club 9am-10am Service Coordination 9am-10am Movie and Popcorn 10am-12pm	20	21 Walking Club 9am – 10am Service Coordination 10am – 11:00am Arts & Crafts 11:00am-12pm Bingo 12pm-1pm	22 Gentle Stretching 9am – 10am Service Coordination 10am – 11am Health & Nutrition – HBP 11am – 12pm Healthy Cooking Demo – Bean and veggie wraps 12pm – 1pm	23
24	25 Gentle Stretching 9am – 10am Men's Social 10am – 11am (Depression) Service Coordination 11am – 12pm Cupcake Decorating (Donate to local shelter) 12pm – 1pm	26 Walking Club 9am – 10am Service Coordination 10am – 11am Grocery Giveaway 12pm-1pm Signup Monday In Life Matters Office.	27	28 Walking Club 9am – 10am Service Coordination 10am – 11:00am Arts & Crafts 11:00am-12pm Birthday Celebration 12pm-1pm	29 Health & Nutrition – Fiber 9am – 10pm Healthy Breakfast 10am – 11am Gentle Stretching 11am – 12pm Service Coordination 12pm – 1pm	30